

Beauty and Health Lessons For the Summer

A New Series of Articles Written by Miss Pauline Purlong for Women Readers of The Evening World.

By Pauline Purlong

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Tennis for General Exercise.

From a viewpoint of physical development the game of tennis, one pose of which is illustrated to-day, is perhaps the most valuable. There is scarcely a muscle in the body that tennis does not exercise and strengthen, and a few hours' practice by a

beginner at it will prove this statement absolutely correct. Any woman who is not in trim should not attempt to play several games of tennis unless she is prepared to suffer from soreness and stiffness of the unused muscles for some days after. This proves that almost every muscle, both large and small, is brought into play in this beautiful game.

The racket, even if it is a light one,

reduces the thighs. Lie flat on your back, hands clasped under the head, so that the head will be tilted and the chin drawn in, and make slow movements. Raise the right leg keeping the toe pointed downward and knee rigid and make about five small circles. Relax all muscles and return to starting position. Next raise the left leg and make five small circles. Relax a few seconds again and then lift the right leg again and make about five small circles. Repeat with each leg until the circled areas are around as the leg will rest. This is not an easy exercise and care must be taken not to over do it and strain the muscles. Another good exercise for reducing thighs is leg swinging. Stand on a stout stand on floor and swing the right leg backward and forward ten times. Then repeat the same with the left leg. Do this same with the left arm. This prevents the toe scraping along the floor. This exercise also tends to balance and poise.



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keeps the muscles of the arms toned and constantly in play. The continual running, covering the court, particularly if you play singles, develops the muscles of the legs even better than walking. When the leg muscles are firm and well developed they will not retain heavy unshapely superfluous fat, nor remain straight

always wear a shade hat to protect your head, eyes and skin from the hot sun, and remember that the more games of tennis the fat woman plays the more pounds she will lose in a hurry. Follow your tennis game with a cool shower.

To-day's menu: Glass water and lemon juice, half a banana, broiled trout, macaroni, gluten bread and coffee dinner. Little elbow cold lunch, cold slaw with green peppers, broiled tomatoes and stewed fruit.

The supply of energy leaves being now exhausted, the Evening World can safely and truly assure you of Miss Purlong's articles published since May 1.

Letters From Readers.

TO REDUCE THIGHS.—Margaret T. asks: "Is there any special exercise to reduce the thighs? I do not wish to reduce any other part of body."

Leg circling is the best exercise for

balance and poise.

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and thin. For this reason tennis is a valuable game for both the fat and the robust slender woman.

Furthermore, in serving, which is illustrated, and returning the ball all of the vital trunk muscles are brought into action. There is the constant bending to return the low balls, which, of course, ministers to the suppleness of the joints. Remember that what puts on firm, healthy muscle takes off unhealthy, superfluous flesh. Inspiration is of the greatest assistance in melting off fatty tissue, and also cleansing the body, and two or three hours of tennis on a hot day will have nearly the sweating effect of a Turkish bath and all of the added benefits of sweating in the open air.

Those who are not accustomed to tennis should not overdo it until they have become limbered up with milder forms of exercises, because tennis is one of the most strenuous physical exercises and liable to cause strain and thereby do more harm than good.

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